

# Carers Support Group Meetings

A chance to meet other carers, share knowledge and get support from each other.

We also invite speakers on subjects that may interest you.

Location : Hestia CAN Mezzanine Level 2 Treaty Centre,  
Hounslow High Street, TW3 1ES

## Carers for those with Long-Term Conditions

- 4th January 2019
- 1st February 2019
- 1st March 2019
- 5th April 2019
- 3rd May 2019
- 7th June 2019



All 13:30 - 15:30  
(usually the 1st Friday of the Month)

## Carers for those with Learning Disabilities

- 21st January 2019
- 18th February 2019
- 18th March 2019
- 15th April 2019
- 20th May 2019
- 17th June 2019

All 10:30 - 12:30  
(usually the 3rd Monday of the Month)



**Open Invite!**  
Please bring along your friends who  
also have caring responsibilities.

For more information, please contact us on  
0208 568 7881 or [HounslowLIFESupport@hestia.org](mailto:HounslowLIFESupport@hestia.org)